

**1. BELLEVILLE RICHLAND
CREEK/HSTORIC**

Stamp _____

2. BELLEVILLE YMCA

Stamp _____

3. BELLEVILLE SHRINE

Stamp _____

4. FAIRVIEW HEIGHTS MALL

Stamp _____

5. GLEN CARBON HISTORIC

Stamp _____

6. MARVILLE

Stamp _____

7. MILLSTADT

Stamp _____

8. ST. LOUIS - FENTON

Stamp _____

**TRADITIONAL OR YEAR AROUND
WALK EVENTS**

9. Stamp _____

Start Point: _____

10. Stamp _____

Start Point: _____

11. Stamp _____

Start Point: _____

12. Stamp _____

Start Point: _____

13. Stamp _____

Start Point: _____

14. Stamp _____

Start Point: _____

15. Stamp _____

Start Point: _____

16. Stamp _____

Start Point: _____

17. Stamp _____

Start Point: _____

18. Stamp _____

Start Point: _____

19. Stamp _____

Start Point: _____

20. Stamp _____

Start Point: _____



Walking is a great way to get exercise, relieve stress, meet new people, and to see some areas in the Metro East region.

The Illinois Trekkers Volkssport Club is sponsoring this 2017 incentive program.

The program is non-competitive 5k (3.1 miles) or 10k (6.2 miles) walks. Walks are by yourself, a group, a club, or with a family member. The year around walk directions are acquired at each site where a registration start card is provided in a “walk box.” The start card must be filled out prior to the walk. If it is a Traditional walk the start cards are at the registration table.

For detailed information on walks:

www.ava.org
www.illinois-trekkers.org

Tour de Metro East

Metro East is the crossroads of the American Heartland. As an incentive to explore the region and be involved in the fun, fitness and fellowship of volkssporting, our goal for 2017 is to walk at least twenty walks.

By participating in 20 Year-Round or Traditional events you will receive “One Free Walk” coupon to celebrate your achievement. Coupons are only honored at Illinois Trekkers’ walks.

In order to receive your free walk coupon you will need to walk each Illinois Trekker’s YRE event listed in this brochure at least once and 12 other St. Louis Metro walks of your choice, pay the appropriate registration fee at each, and stamp the Tour De Metro Saint Louis book with the stamp. This program ends 31 December 2017. This is not an AVA special program and there is no cost for the book.

Once you have finished all 20 walks send the completed program book to:

**Illinois Trekkers Volkssport Club
P.O. Box 603
O’Fallon, IL 62269**

YOUR MAILING INFORMATION

Name _____

Address _____

City _____

State _____ Zip _____

Email _____



© 2017 Illinois Trekkers

TOUR DE METRO

Saint Louis

2017 WALKING

CHALLENGE



AVA CLUB

Illinois Trekkers



Fun, Fitness, Friendship